





Strategic Wellness &
Self-Care in the
Face of Layered Trauma



Services

CONSULTING GROUP TRAINING INFRASTRUCTURE WELLNESS WELLNESS PRODUCTS

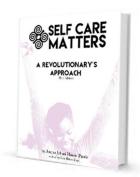
Strategic Self Care Services

- One on One Consultation
- Group Trainings & Workshops
- Self Care Rehab Sessions
- Specialty Workshops

Strategic Wellness & Self Care Consultant Certification Training







First time author Anana Harris Parris shares a blueprint and steps to creating a customized Self Care Plan while highlighting the significance of a revolutionary approach. Explorations of self-care for moms, activists, employees, organizations, men and more are included as Ms. Parris Intertwines intimate stories of her own self-care journeys along with additional contributing writers.



Why are you here?

Client Management, case management, legal team member communication all require the skillset of leadership to be effective. Learning for your client is also beneficial for you.

Today's training is customized for YOU.

You are a leader. You are a leader in your role as a Public Defender. Leaders have impact and can choose to use their leadership skills to help others as well as themselves. Being strategic about your wellness and self care is takin the leadership role in your experience as a public defender.

Leading By Example Welcome







- Getting Acquainted
- Why are we here?
- Acknowledging Trauma
- What is self-care?
- What is Strategic Self Care





Getting Acquainted

Anana Johari Harris Parris, Founder

- Strategic Self Care Program[®] Designer
- International Growth Plan of Strategic Self Care Support Groups & Strategic Self Care Ambassador Trainings
- Charlotte, Brooklyn NY, Atlanta, Puerto Rico, Washington DC, Savannah, Dallas
- Head of business operations and community affairs for a civil rights law firm for 7 years
- COO Advisor to over 20 businesses and law firms
- Established first official Self Care Day in Atlanta now Charlotte, Savannah, Lithonia, DeKalb County, Mecklenburg County NC,
 Charleston, SC
- Caused based marketing strategizing with public health based campaigns focused on behavior change encouragement.
 - Truth anti-tobacco campaign
 - AfriSalsa fights HIV/AIDS Campaign







Peaceful March & Sit-In Safety Protocols

Expanded from original #RespectBlackLife & #UpAllNight4Justice March Protocol

This is a peaceful, family oriented march and sit-in. The volunteer marshals and organizers want to help us collectively maintain the safety of everyone. Marches and rallies are opportunities to learn, bond and support each other. Please follow the below protocols.

- . SAFETY FIRST: Monitor your surroundings throughout the march. If you see anyone doing anything
- The Official March will end at the sit-in location, Please be sure all women, children and elders are kept safe and walked back to their methods of transportation.
- When Official March Rally and sit-in ends we encourage people to return to their vehicles in a safe and orderly manner.
- Memorize important numbers and communicate your march location to friends and family along the route.
- . Any marches or demonstrations after the rally and sit-in is not a part of this effort. Safety is the primary focus for all organization leaders and representatives in the coalition. Maintain a march
- partner or group system at all times especially when traveling away from the site of the demonstration.
- If you are not in a position to physically, legally or emotionally maintain a risk free presence at this demonstration, please support this initiative by researching, joining or contributing to the organizations
- Participating marchers in this demonstration are encouraged to not agitate any law officer nor create a distracting activity outside of the listed and agreed upon agenda for this demonstration. . Refer any concerns to the marshals present
- Be mindful of area traffic and parking meter regulations. The demonstration organizers are not responsible for your vehicle.
- · Please march with only essential identification and communication devices.

"Without any agitation there is no progress." -Fredrick Douglass

SELF CARE TIPS FOR MARCHERS by the SisterCARE Alliance, Inc.

- Take care of yourself during the demonstration. Remain hydrated and step away to care for yourself when
- · There is strength in of the time your man
- Network and fello



Social Justice Action & Coalition building







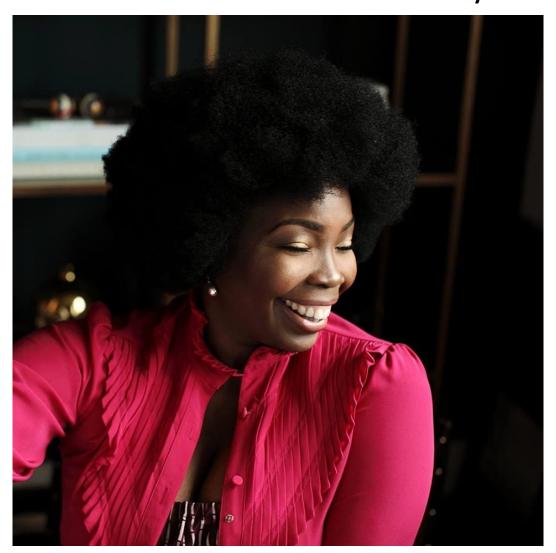
Who taught you how to take care of yourself?



WHAT HAVE I LEARNED About Caring for Myself & the Roles I Play?



I had to change my thoughts about why & How to better take care of myself





What thoughts have you accepted in order to maintain a role as a public defender?

Running on autopilot in a role based on our thoughts: What are you telling yourself?

MOTHER
FATHER
STUDENT
Legal TEAM MEMBER

Learning Yourself

Self insight Exercise

- 1. Visualize waking up in bed and thinking about walking into the office
 - ~ Write down your typical honest first thoughts
- 2. Visualize walking to your computer or driving to the office
 - ~ Write down your typical honest first thoughts



What Thoughts have you accepted in order to maintain a role as a public defender?

There will be trauma

I will be affected by my clients' trauma



What mindset have you accepted in order to maintain a role as a public defender?

There will be trauma

I will be affected by my clients' trauma

There will be trauma

I will suppress all of my feelings so I don't have to

deal with my own primary or my client's secondary

trauma



What mindset have you accepted in order to maintain role as a public defender?

There will be trauma

I will be affected by my clients' trauma

There will be trauma to deal with my own primary or my client's

secondary trauma

There will be trauma

My legal team and supervising attorney are not practicing

strategic wellness or self-care to deal with the trauma they

witness and they too will dump their issues on me



What mindset or thoughts have you accepted in order to maintain a role as a Public Defender?

There will be trauma

I will be affected by my patient's trauma

There will be trauma

I will suppress all of my feelings so I don't have to deal with my own primary or my client's secondary trauma

There will be trauma

My legal team and supervising attorney are not practicing strategic wellness or self-care to deal with the trauma they witness and they too will dump their issues on me

There will be confusion about the legalities of the case

I will not spend time teaching people the depth of my responsibilities who do not take the time to learn for themselves

Acknowledging Trauma

"What we to know is there is a part of your consciousness that allows you to monitor yourself and to help you to guide yourself in some ways... and that is the area of the brain involved in enteroception, in **looking inward**... That is one of the great advances of trauma treatment ... is the whole advance of mindfulness, body work... self perception that was really absent 20 years ago. 20 years ago people were just explaining things and talking, using their rational brains to say 'look how screwed up your are'...

~ Bessel van der Kolk, MD Neuroscientist & Author of The Body Keeps Score



"To really advance in trauma treatment is we know you can not change these irrational organic response in your body except by becoming deeply involved in yourself and noticing your internal world. That means that you have to spend become silent and listen to your body and notice how your body is living."

"The more trauma you have the worst that part of that brain functions. The more trauma you have the more reactive you become."

~ Bessel van der Kolk, MD Neuroscientist & Author of The Body Keeps Score



Acknowledging Trauma

"The more trauma you have the worst that part of that brain functions. The more trauma you have the more reactive you become."

"The good news is that the laws of neuroplasticity apply to that part of the brain. The laws of n says the more you use something the more you build up that part of the brain. So as a traumatized person you don't want to experience your internal world because it feels so frightening. But if you are helped to experience the internal world and you learn to meditate and you learn to activate that part of your brain safety then you can build up your reactivity and you'll be more mindful and see things happen and not automatically react to it. That's a very important part of what we know about treatment is you have got to learn to be still and know yourself and tolerate your sensations."

~ Bessel van der Kolk, MD Neuroscientist & Author of The Body Keeps Score



Acknowledging Trauma

- Trauma from clients affect us
- Our own unaddressed trauma affects our decision making and triggers the auto pilot response
- In a safe environment, we have the ability to be introspective and learn from ourselves
- We can use our strategic skills to customize a wellness and self care plan based on what we need at any moment of the day trauma is involved.
- Wording becomes more challenged when you are traumatized.
- "The impact of trauma is in your animal or survival brain ...doesn't have words or concepts. Its in your limbic system is a little animal...You can be a very traumatized person and e very smart and have it all down but when your animal brain gets triggered. You are really trying to manage that frightened dog inside of you insight doesn't quiet that frightened animal down... The way the brain learns to do thing is by doing..."



How do I begin to see thing differently?

Step 1. Consider deconstructing and becoming aware of the daily practice of suppressing your thoughts and feelings about your role as a public defender.

Step 2. Consider utilizing "A Strategic Wellness & Self Care Approach" because random doesn't work



"Your Silence Will Not Protect You"
- Audre Lorde

Self-Care is an act of Social Justice Social Justice is an act of Self-Care

Speaking up for yourself is self-care.

WHAT IS SELF-CARE?

The act of addressing a critical or normal need.

Self-Care Deficit

The self-care deficit nursing theory is a grand nursing theory that was developed between 1959 and 2001 by nursing theorist Dorothea Orem. The theory is also referred to as the Orem's Model of Nursing.

This theory originates from the totality paradigm based on human beings being able to *adapt to one's environment*.

When an individual is **unable** to meet their own self-care requisites, a "self-care deficit" occurs.

Today you will practice identifying self-care deficits as an unaddressed need. The goal is to develop a customize behavior based on a self-care strategy that allows you to better adapt to your environment and better avoid physician burn-out.



WHY STRATEGIC SELF CARE?

STRATEGIC SELF CARE



Strategic Self Care In the face of Crisis, Trauma & Grief

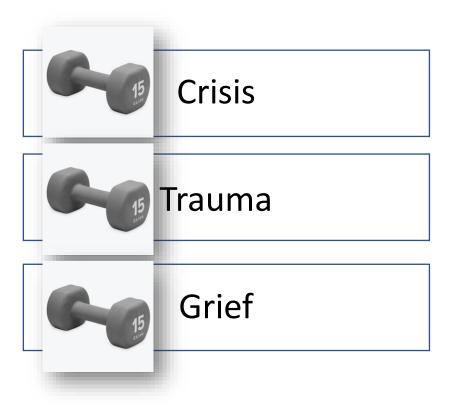
Crisis

Trauma

Grief



Strategic Self Care In the face of Crisis, Trauma & Grief

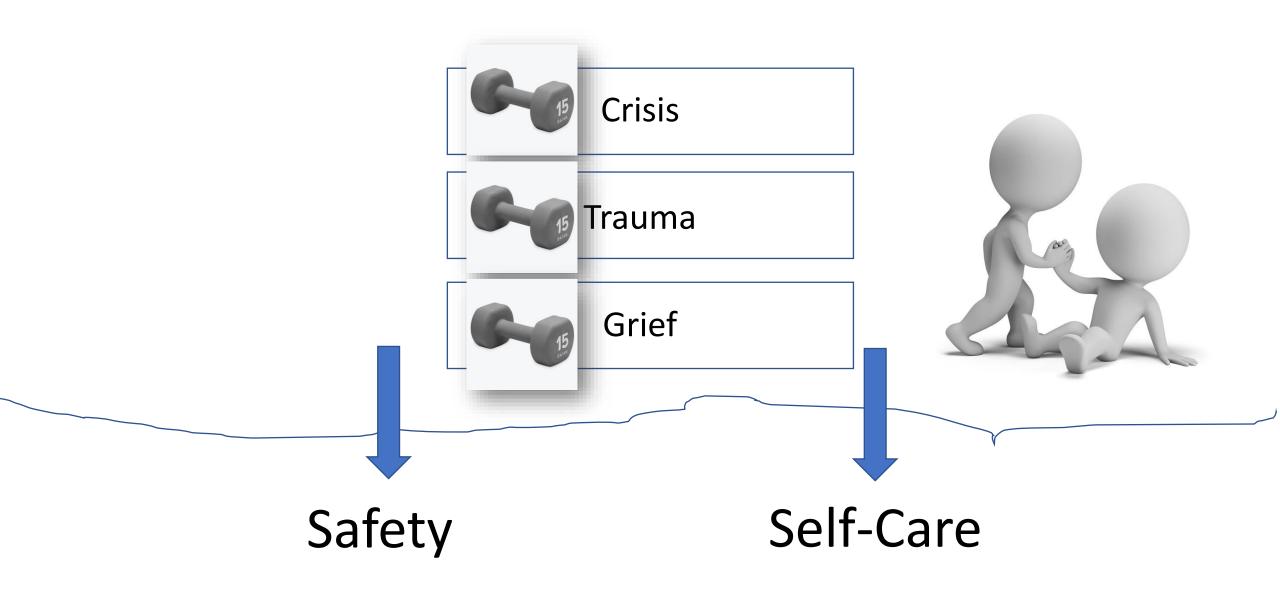


CARRY A WEIGHT & REQUIRE WORK



ADVOCATE & SURVIVOR

CARRY A WEIGHT & REQUIRE WORK



WHAT IS SELF-CARE? The act of addressing a critical or normal need.

Self-Care Deficit

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What is Strategic Self Care?



Strategic Self Care The act of planning and executing regular self-care activity to address your spiritual/Emotional Economic, Artistic, Physical, Educational and Social Needs until you are no longer operating in a critical state.



What is Strategic Self Care?

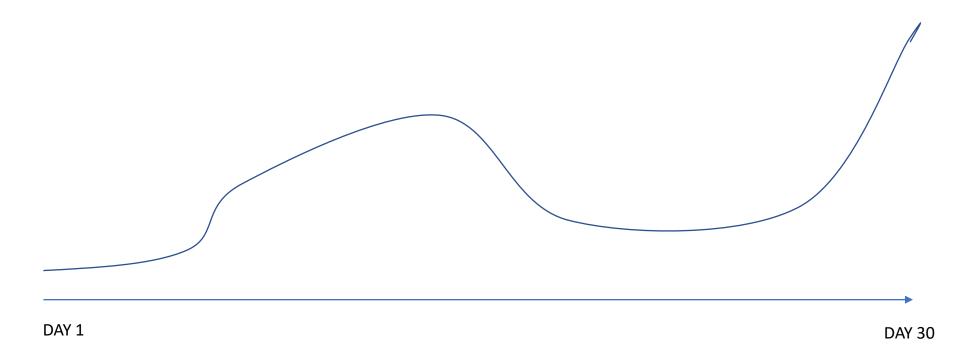
REGULARLY ASKING "WHAT DO I NEED?" THEN ADDRESSING IT IN CRITICAL AND MULTIPLE CATEGORIES OF YOUR LIFE.



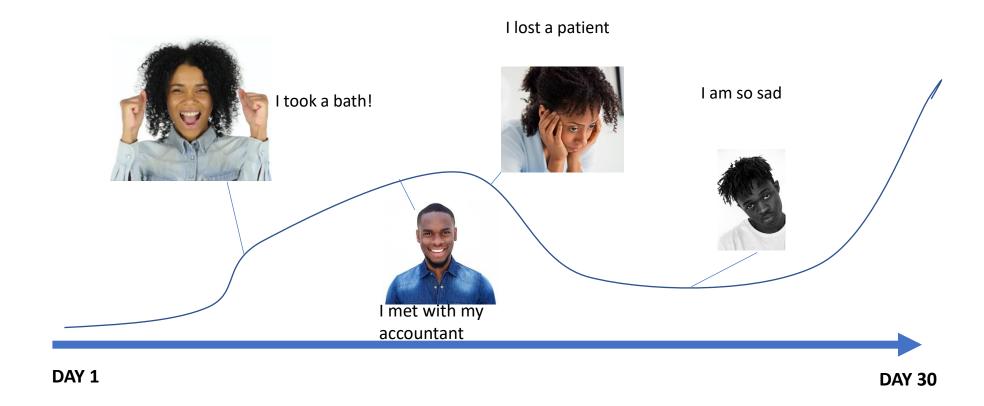
What is Strategic Self Care?



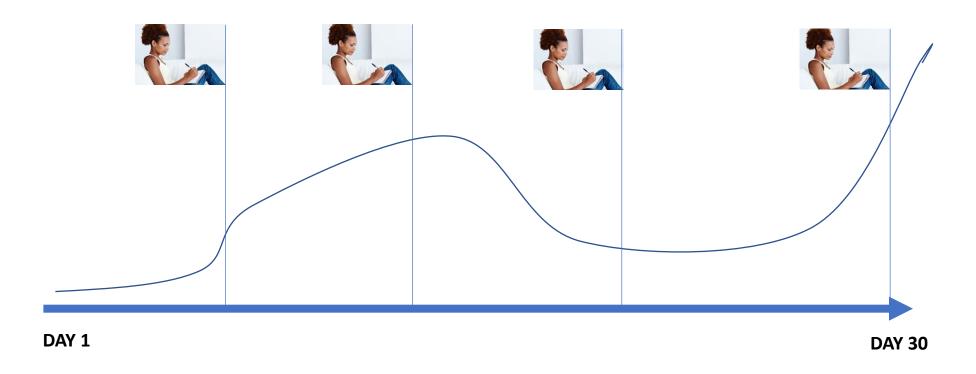
Random Self Care



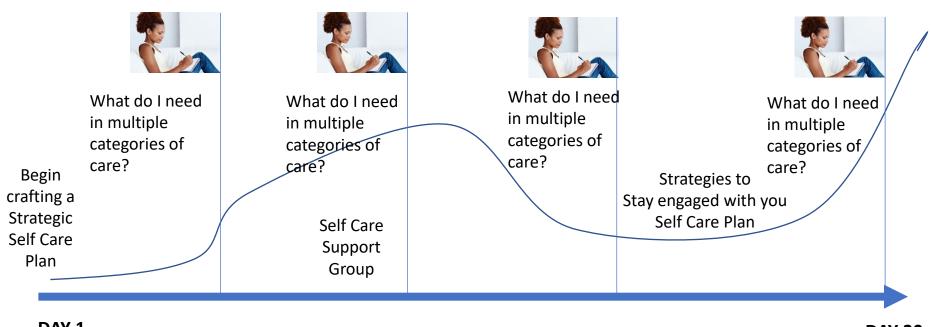
Random Self Care



Strategic Self Care



Strategic Self Care



DAY 1

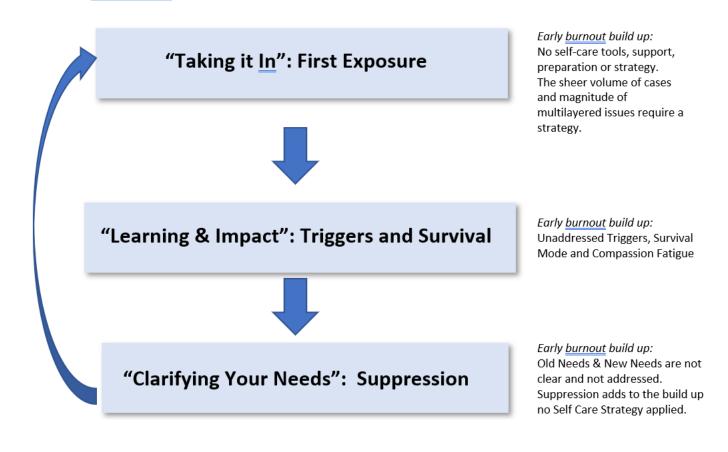


BE STRATEGIC

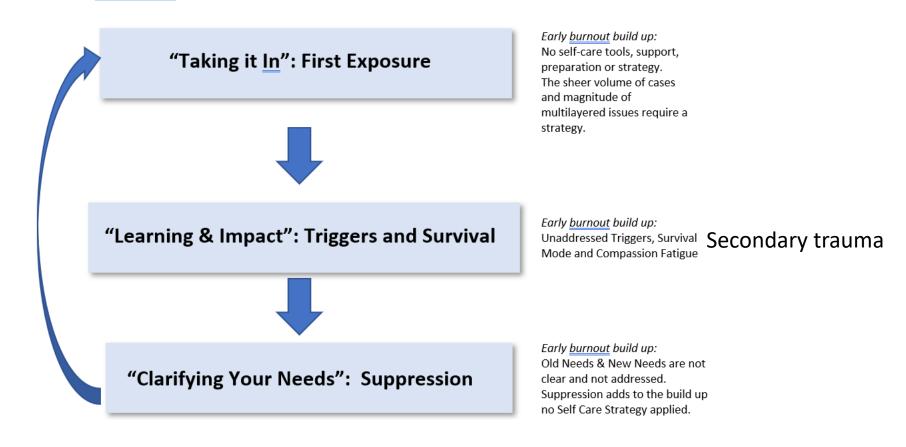
WHY?

- It is a revolutionary act to break a cycle of ignoring critical needs.
- Your critical needs will not go away .. They only get worse and contaminate other areas of your life
- Self care suicide can be happening without you being aware

T.L.C. Self Care Strategy: Cycle of Exposure & Suppression



T.L.C. Self Care Strategy: Cycle of Exposure & Suppression



"Taking it In":

Prepare for you <u>day</u> not the people.

You are not psychic and won't be able to predict What may happen or what you may be exposed to.



"Learning & Impact":

Acknowledge Triggers & Set Boundaries

Suppressing your own emotions due to triggers or compassion fatigue can leave you detached from the moment, learning opportunities and your own emotional or physical safety internal radar systems. Set boundaries based on what you critically need to best advocate.

T. Phase Self Care Strategy:

- -Brain dump from previous day about triggers, needs and boundaries.
- What do you critically need? Address it immediately. What boundaries do you need?
- Ask for help & support ahead of time. Self Care Dream Team weekly guidance check in.
 ACTION: SCHEUDLE WEEKLY CHECK IN CALL WITH SELF CARE BUDDY OR DREAM TEAM MEMBER

L. Phase Self Care Strategy:

- Consistent Physical, Emotional Critical Needs Awareness
- What do you critically need?
 Address it immediately.
- Acknowledge your trigger moment.
- Set boundaries instead of suppressing.

ACTION: LOG SELF CARE THOUGHTS IN IQUIRNAL

Activa: Go to Se



Acknowledge Triggers & Set Boundaries

Suppressing your own emotions due to triggers or compassion fatigue can leave you detached from the moment, learning opportunities and your own emotional or physical safety internal radar systems. Set boundaries based on what you critically need to best advocate.

L. Phase Self Care Strategy:

- Consistent Physical, Emotional Critical Needs Awareness
- What do you critically need?
 Address it immediately.
- Acknowledge your trigger moment.
- Set boundaries instead of suppressing.
 ACTION: LOG SELF CARE

THOUGHTS IN JOURNAL



"Clarifying Your Needs":

Know what you need & Calendar Your Self Care Plan

Be brave enough to be honest about your needs at the end of each day of advocacy. Calendaring is a strategy executed by those who take their self-care seriously.

Put your Self Care Dream Team Member calls,
Support Groups and Self Care Strategy Check In Form moments on a calendar. Self Care Baby Steps help you battle suppression.

C. Phase Self Care Strategy:

- Clarify what you need in that moment and review your Self Care Journal
- What do you critically need? Address it immediately.
- Take Self Care Baby Steps to stay engaged with your needs and purpose.



Self Care for Public Defenders Complete this for yourself

Take Away Feedback

To prepare for my day:	
My triggers & boundaries are:	
I will calendar these critical items:	
A resource to help me would be:	

Strategic Self-Care

Self Care Categories

"Self Care S.E.A.P.E.S. IN"

- Spiritual/ Emotional
- Economic
- Artistic
- Physical
- Educational
- Social

Self Care strategy

CHECK IN With Your Self: Measure & Adjust

[BLOCK] Do I have a block?

• [LOOP] Am I Stuck in a Loop?

• [PLAN] Am I Sticking to My Plan?

Self Care Strategies

[BLOCK] Do I have a block?

- Avoiding an Argument or Confrontation
- "This is unfair" Thoughts
- False Comfort
- Fear
- Perceived Discomfort and Pain
- Embarrassment

Self Care Strategies

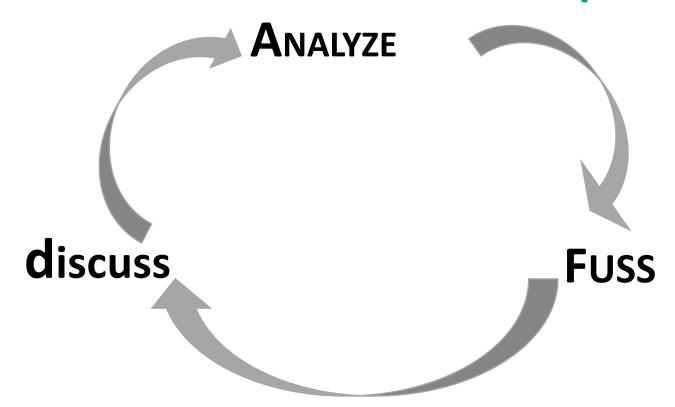
WHICH BLOCK RESONATES WITH YOU?

- Avoiding an Argument or Confrontation
- "This is unfair" Thoughts
- False Comfort
- Fear
- Perceived Discomfort and Pain
- Embarrassment

Self Care Strategies: Self Care Check in

[LOOP Type 1]

Am I Stuck in an A.F.D. Loop?



Self care strategy

CHECK IN With Your Self

- [BLOCK] Do I have a block?
- [LOOP] Am I Stuck in a Loop?
- [PLAN] Am I Sticking to My Plan?

What is a Self Care Plan?







Breaking the Loop

- Self Care Tools
- Check In with Your Self Care Buddy
- Develop a Self Care Dream team
- Gather with others who respect your self care goals
- Take Baby Steps



Self Care Plan: CRITICAL NEEDS

Self Care Plan

• Tools: Journal & Playbook, Poster, Self Care Soap

THOUGHTS & DAILY ACTIVITIES

C R IT IC A L

PHYS IC



- Nourishment
- Water
- Rest/Sleep
- Safety
- Resources/Guidance

- Buddy: Check in randomly, Understands the Self Care

 Agency Program
- Dream Team: Wisdom & guidance

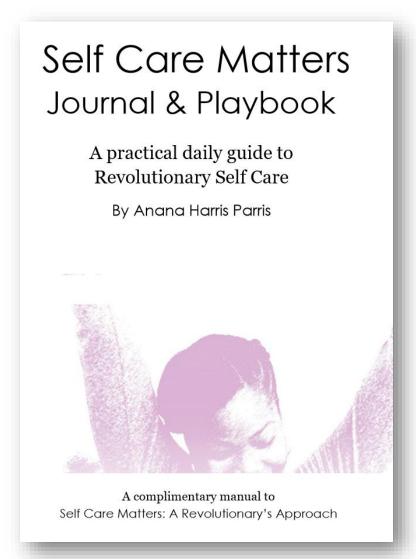
RECAP:

CHECK IN Safely With Your Self

Be Strategic: Write down what you need.

- Spiritual/ Emotional
- Economic
- Artistic
- Physical
- Educational
- Social

Strategic Wellness & Self Care Trainings & Consultation



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WellnessandJustice.com SelfCareAgency.com